

Speech Anxiety

Barbara Morris

Three parts:

- Paradox tapping technique (PTT)
- Communication vs. performance
- Body tips

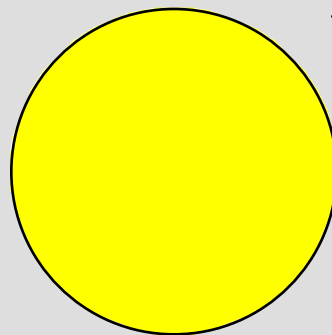
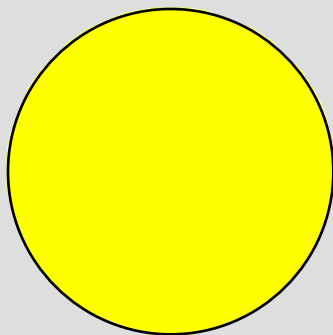
You're prepared to give a talk.

You're : on time

: well organized

: confident

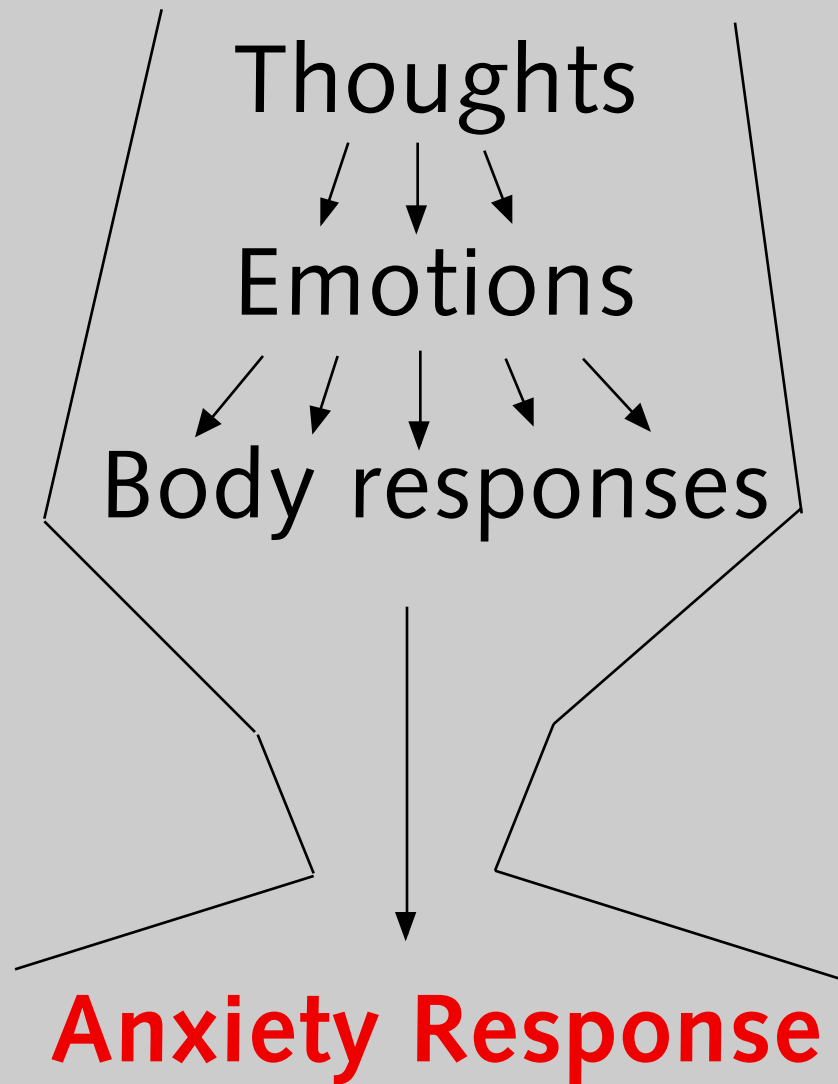
FREEZE



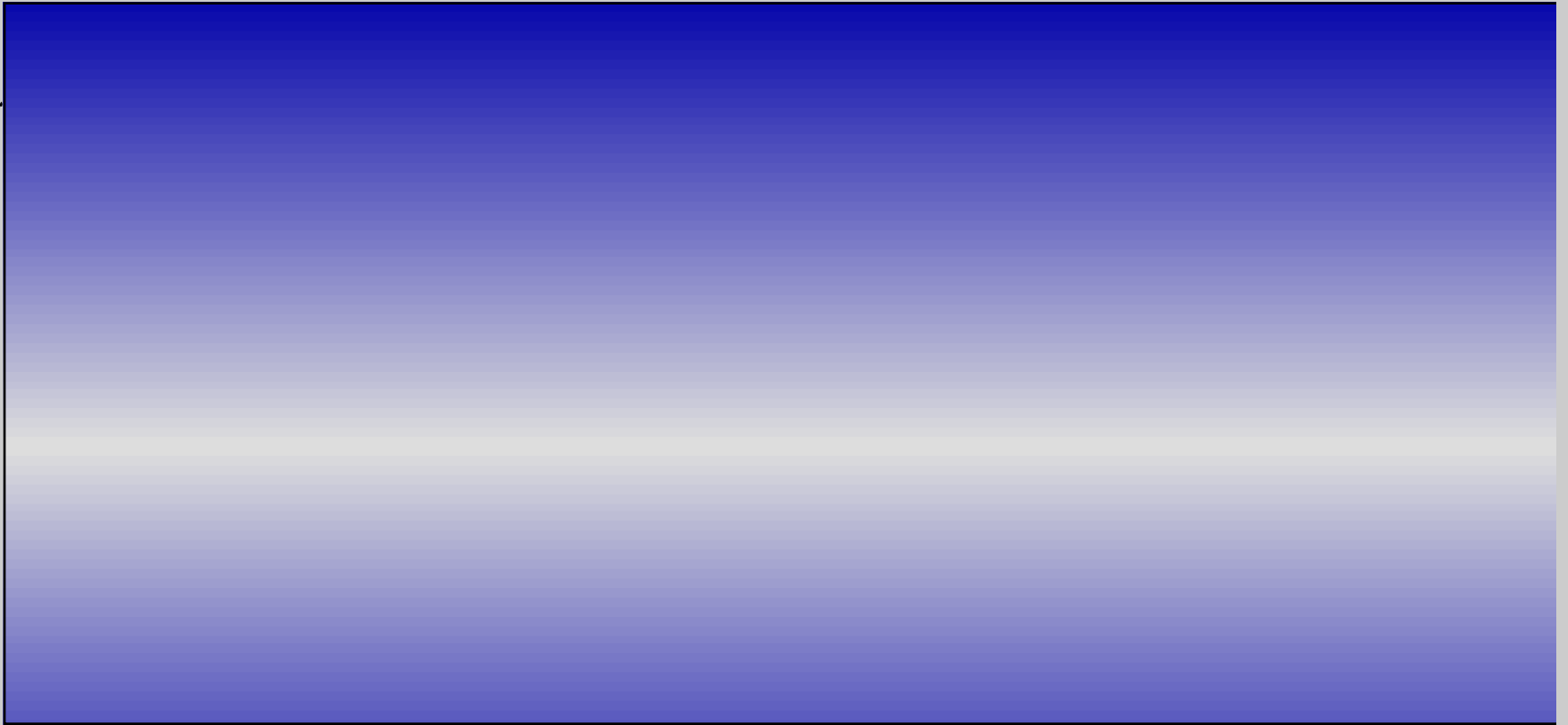
Anxiety response symptoms

- dry mouth
- sweaty palms
- shaking hands
- pale skin
- shallow breathing
- pounding heart

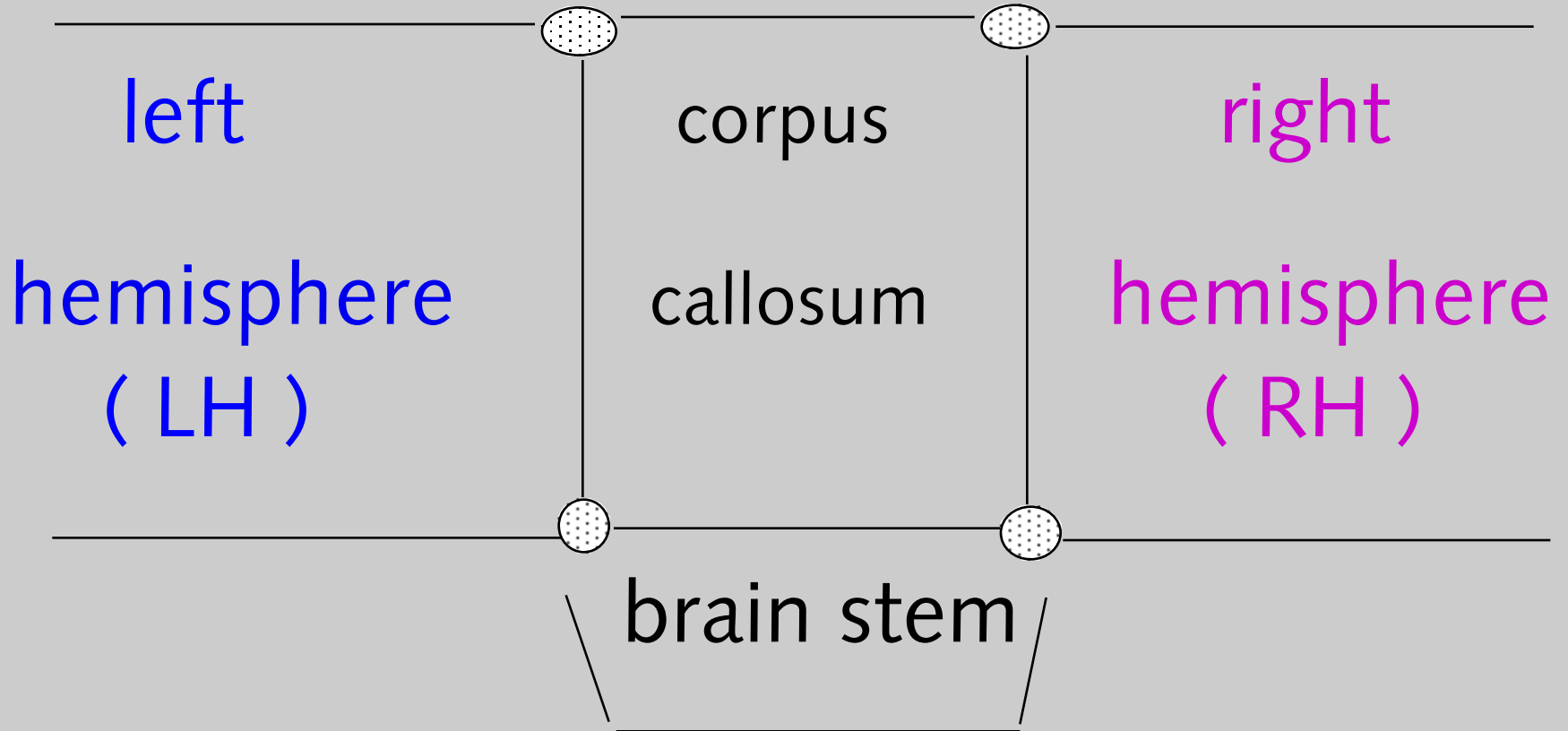
- dizziness
- quivering voice
- weak knees
- butterflies
- numbing body
- blanking mind



Antifreeze



The Brain



LH dominance

- language / speech
- hand / motor control
- linear thinking
- logical functions
- organizational functions
- analytical functions

RH dominance

- music
- visual-spatial perception
- holistic tasks
- emotional functions
- experiential functions

Left Hemisphere



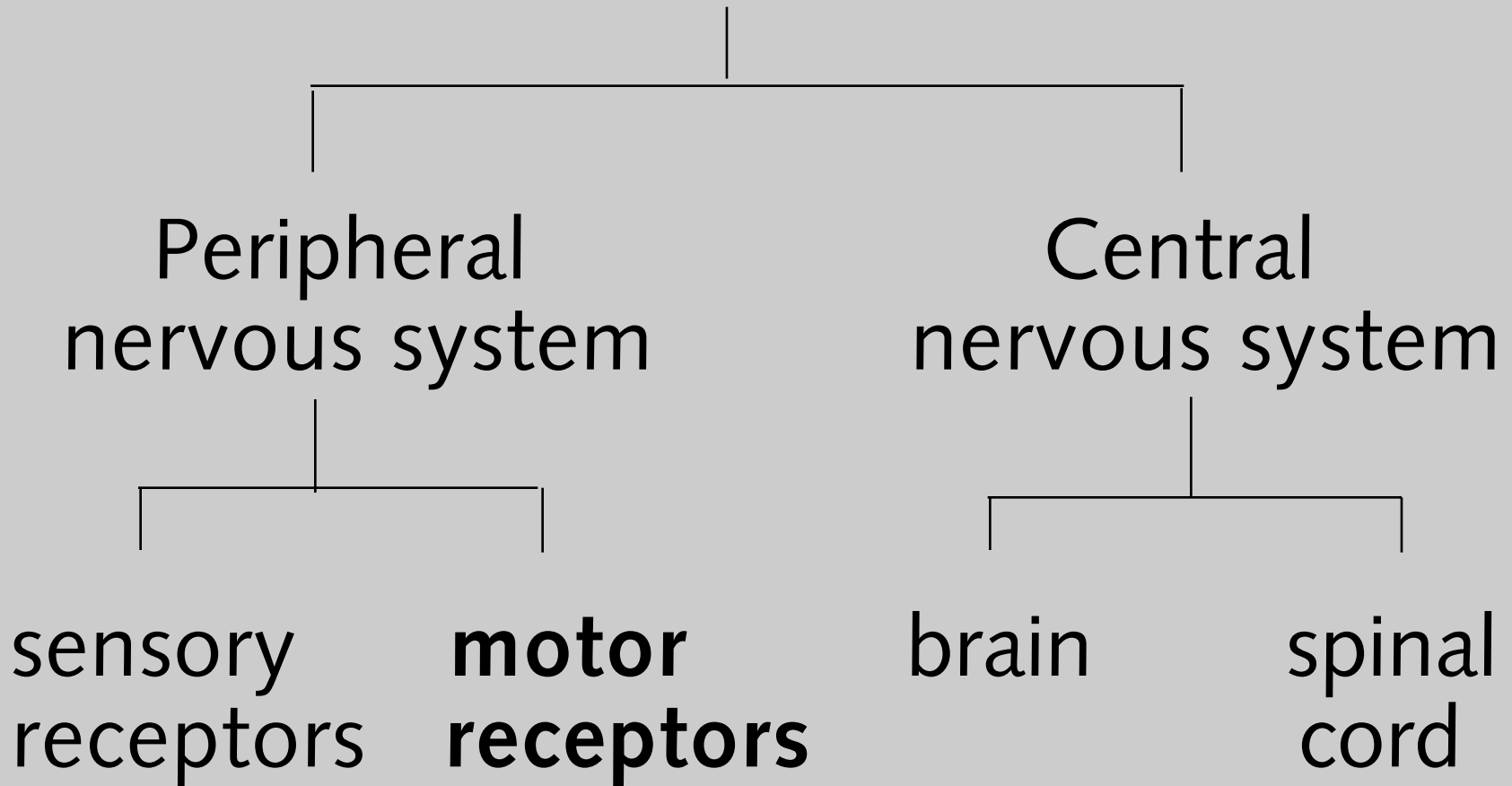
Thinking

Right Hemisphere



Feeling

Nervous System



Motor receptors

```
graph TD; A[Motor receptors] --> B[Autonomic (ANS)]; A --> C[Somatic];
```

Autonomic (ANS)

- involuntary smooth muscles
- glands
- other organs
- blood vessels
- lymph vessels

Somatic

- voluntary skeletal muscles
 - walking
 - moving
 - eating

Autonomic Nervous System (ANS)

(controlled by the
primitive brain)

Sympathetic
nervous system

Parasympathetic
nervous system

Sympathetic nervous system

- dilates pupil
- accelerates heart beat
and force of heart contractions
- constricts blood vessels
- inhibits salivary gland
- inhibits digestion
- relaxes bladder

Parasympathetic nervous system

- contracts pupil
- slows heart rate
- stimulates salivary glands
- stimulates digestion
- contracts bladder

Stimulated

Sympathetic

- emergency
- fight or flight
- fast heart beat
- shallow breathing

Parasympathetic

- relaxed
- at rest
- calm heart
- deep breathing

blood flow and neural activity

```
graph TD; A[blood flow and neural activity] --> B[Sympathetic]; A --> C[Parasympathetic]; B --> D[• skeletal muscles]; B --> E[• heart]; C --> F[• digestion]; C --> G[• resting functions]; C --> H[• the brain];
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Sympathetic



- skeletal muscles
- heart

Parasympathetic



- digestion
- resting functions
- the brain

Sympathetic
overdrive
= can't think!

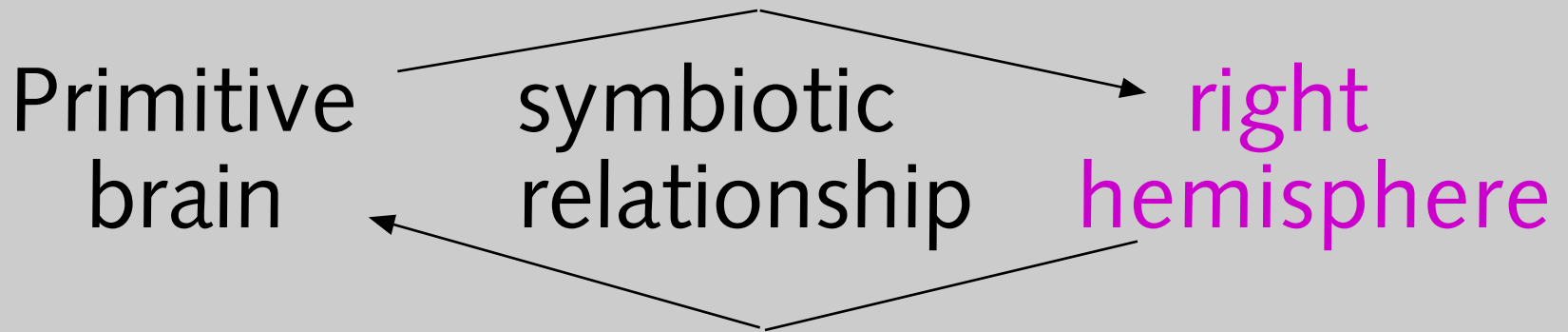
Lucky speakers :

increased heart rate = charged up &
+ butterflies emotionally ready

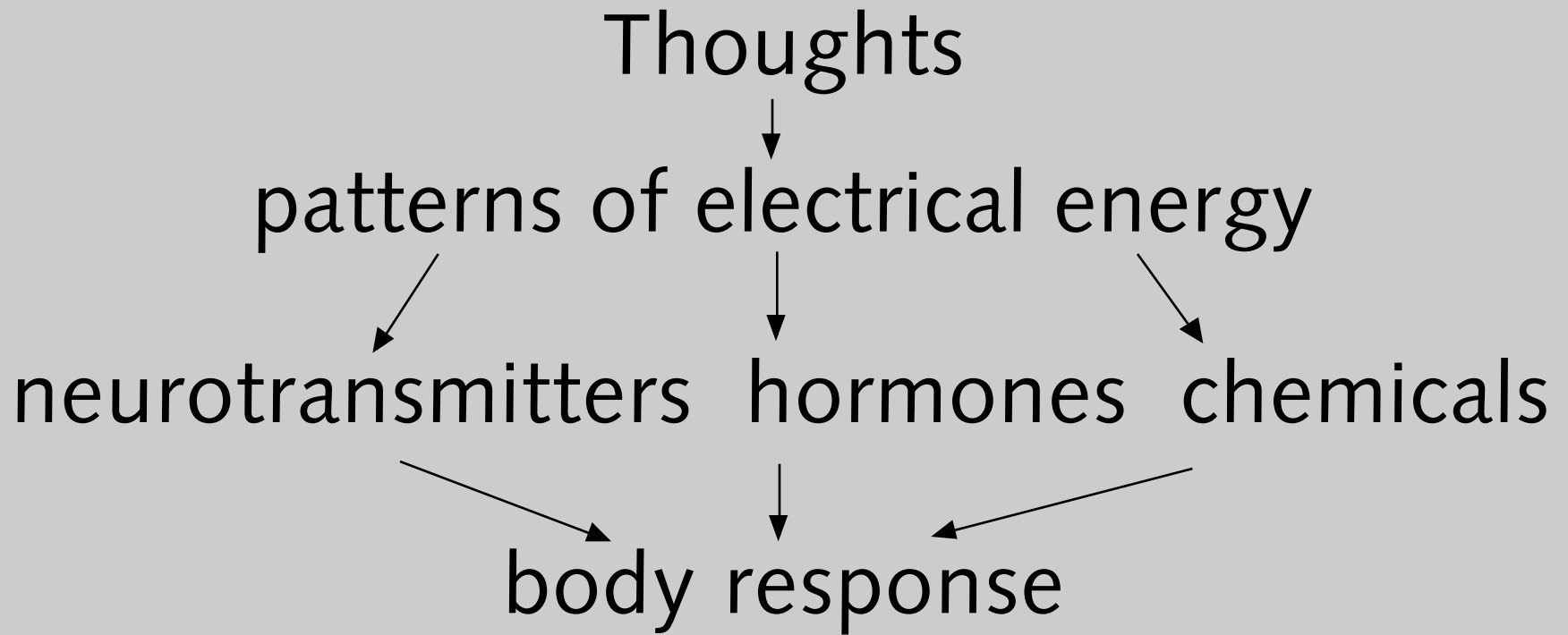
The rest of us :

pounding heart = super charge
+ queasy stomach panic
ready to run

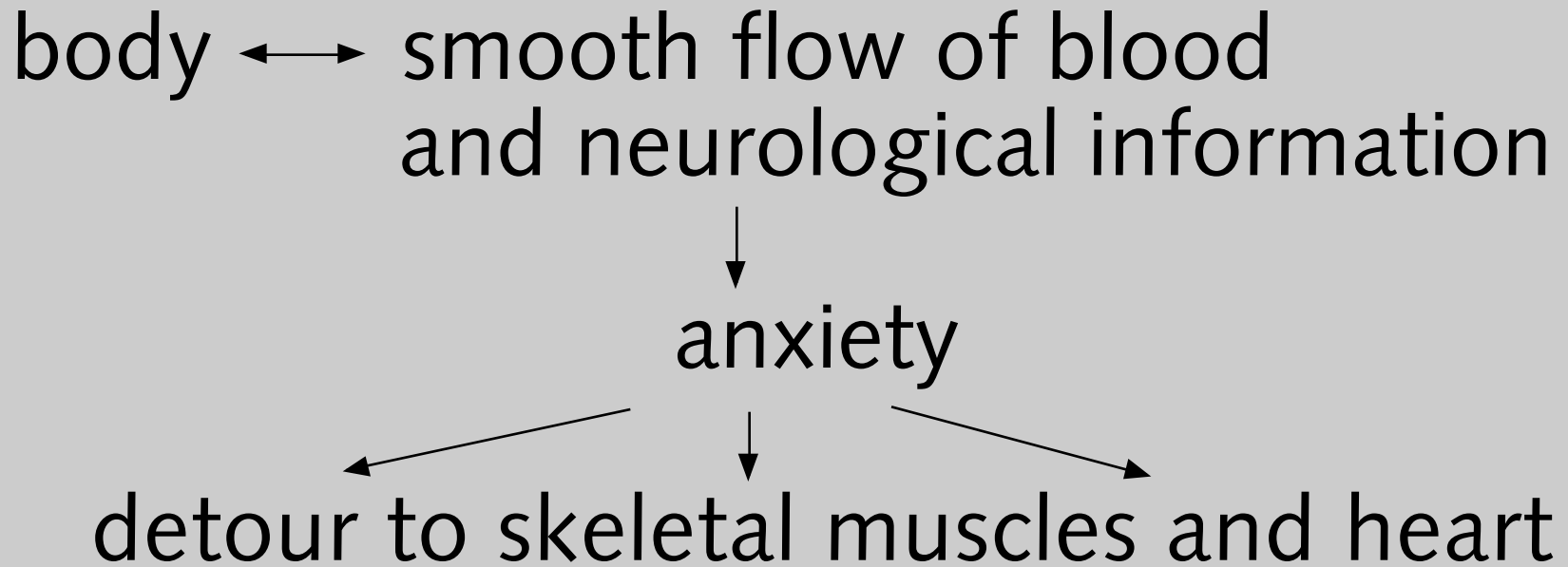
Paradox tapping technique



↓ panic & balance brain
and nervous system

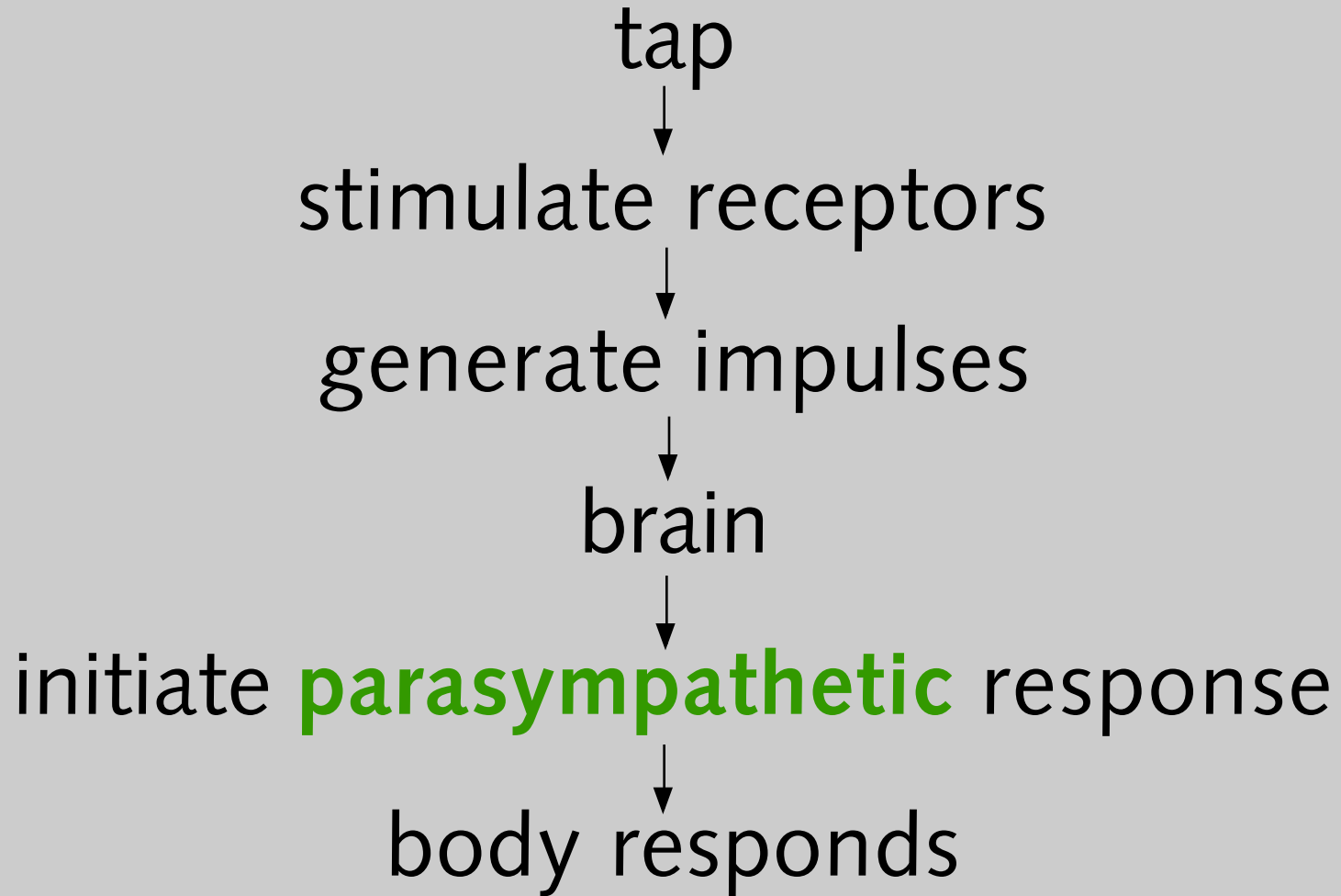


Emotions = physical translation of
thoughts to our bodies



Anxiety response = **sympathetic**
overdrive

Parasympathetic kick start



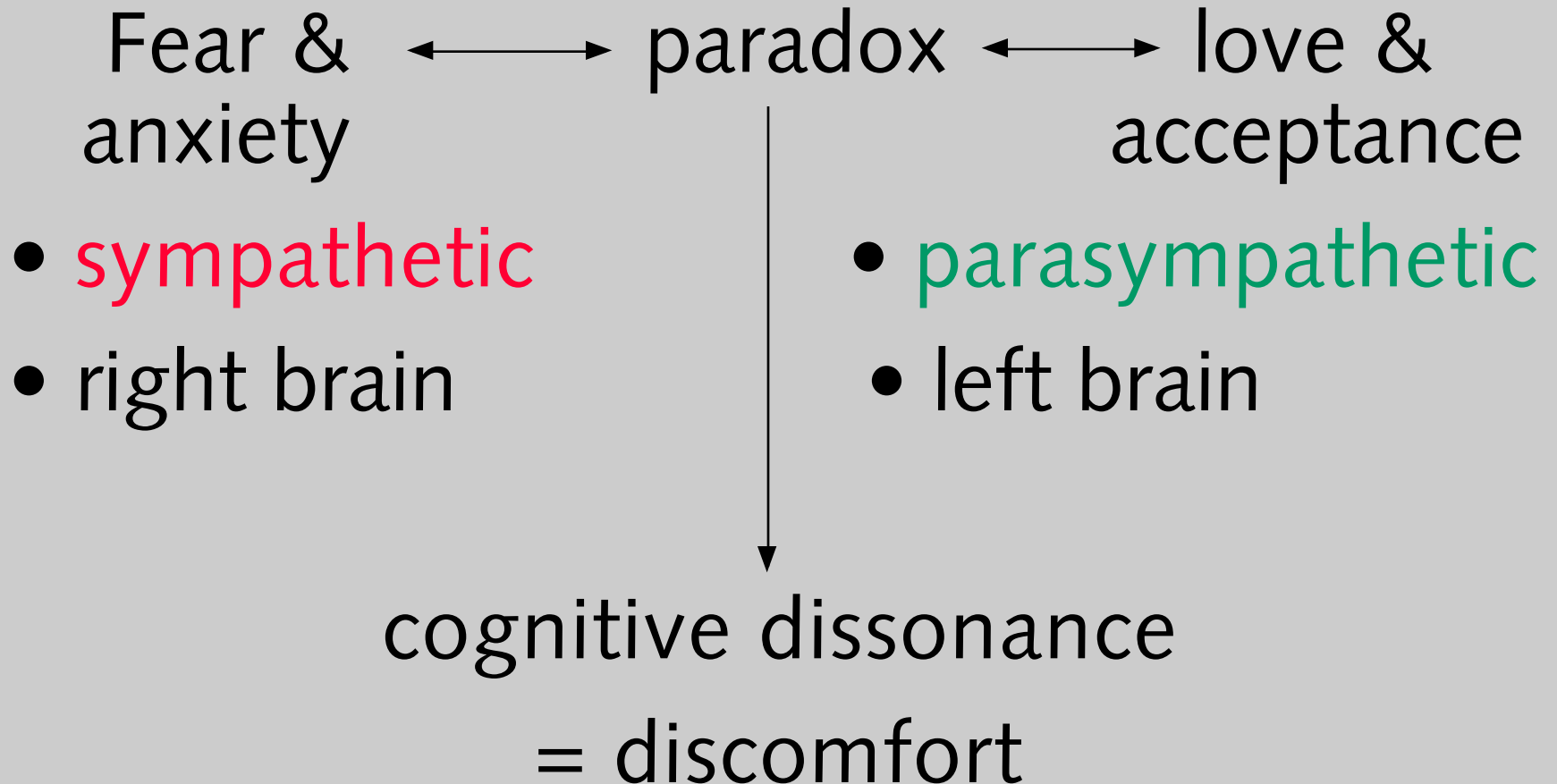
P T T

balancing left and right brain

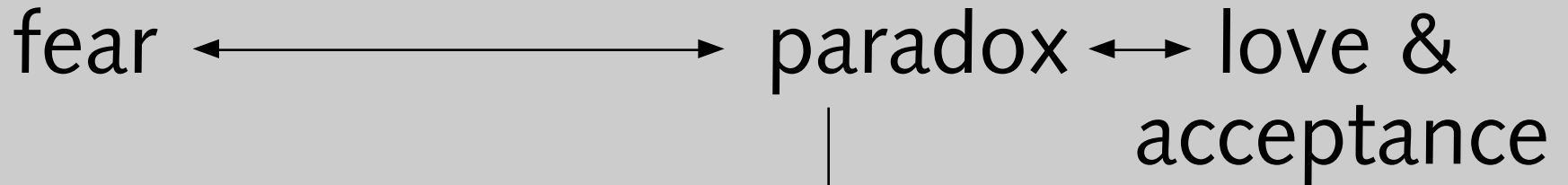
1. Think of an emotion
2. Rate it 0 - 10
3. Devise a paradoxical phrase :

Even though I have ———— ,
I love and accept myself completely.

Spoken paradox



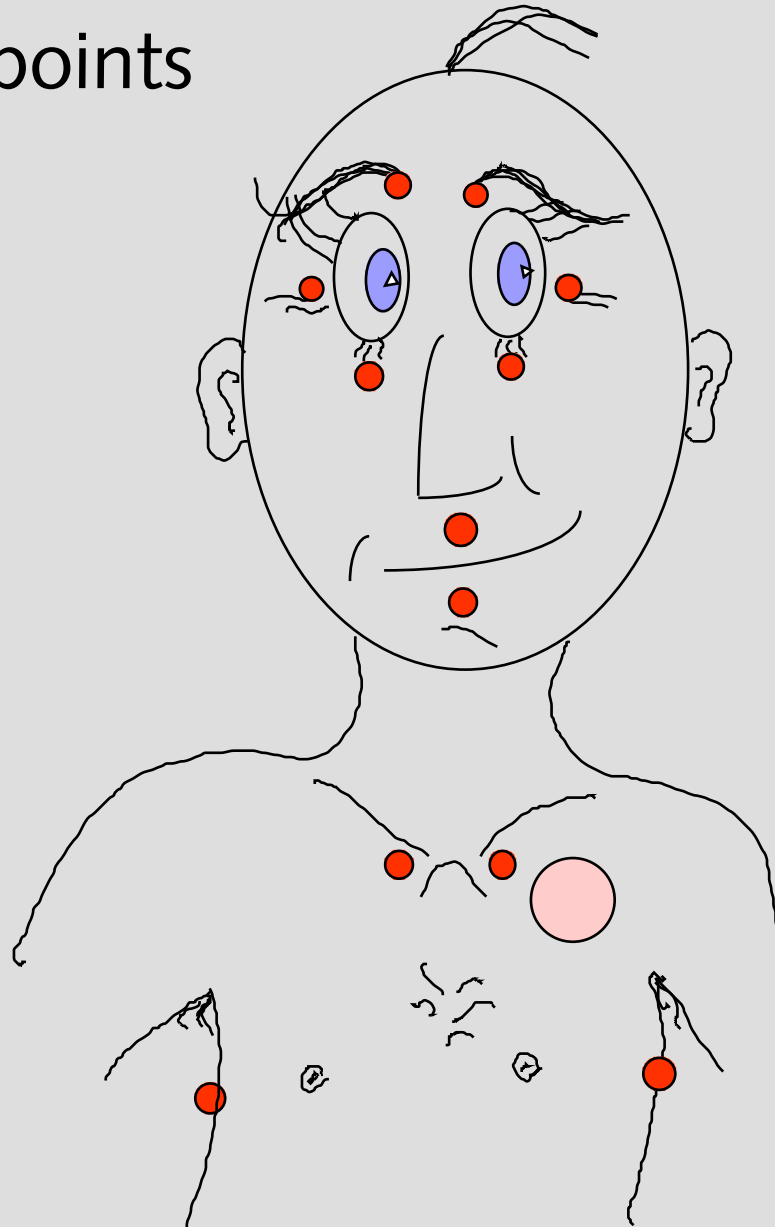
lymph drainage rub



reduced cognitive dissonance
= comfort

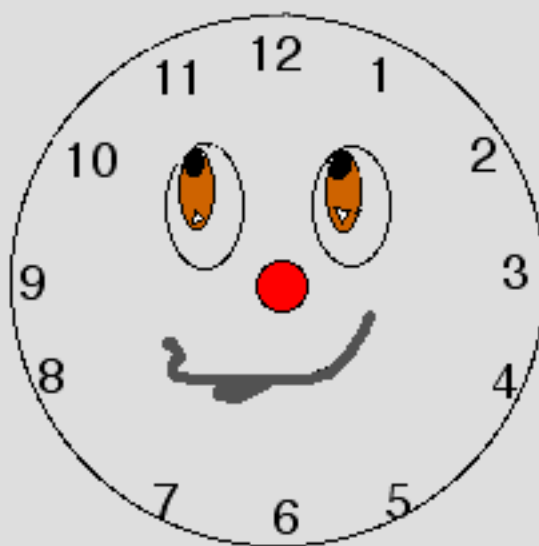
reminder word "fear"

Stimulation points

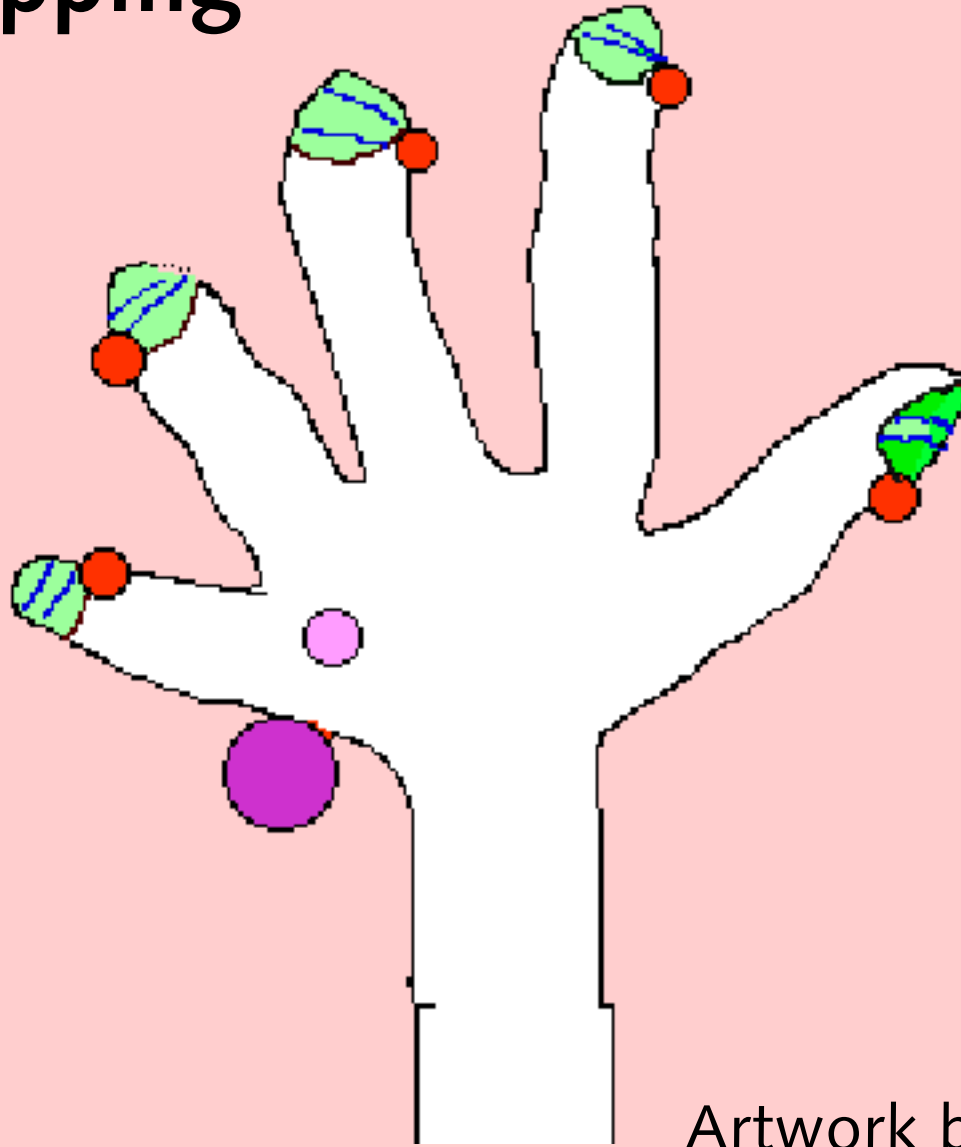




Eye Movement Exercises



Hand tapping points



Artwork by Georgia Morris

Brain tune-up

humming

counting 1 2 3 4 5

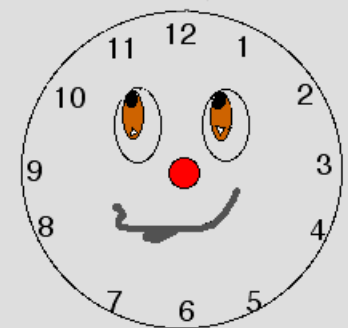
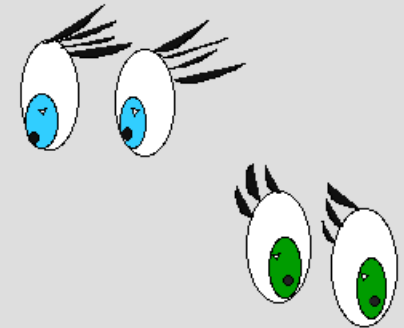
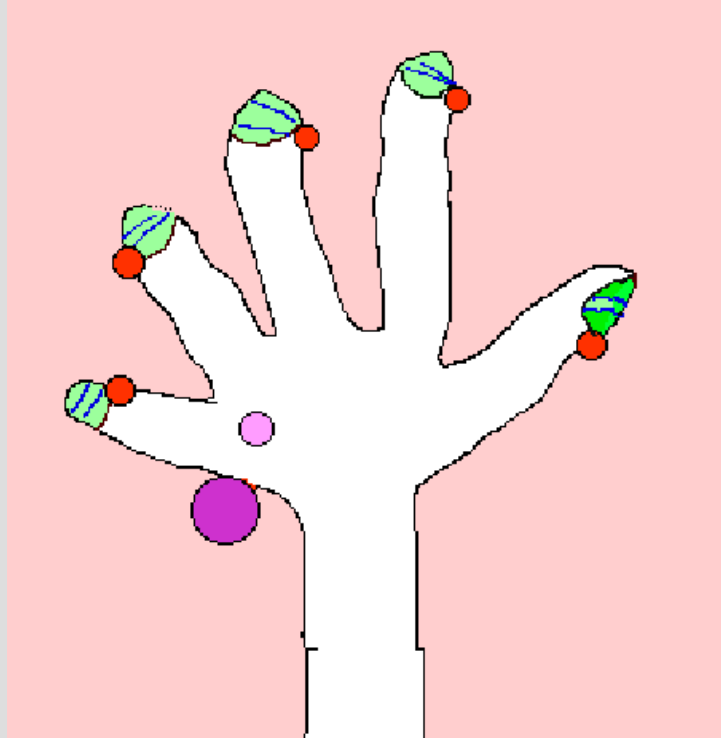
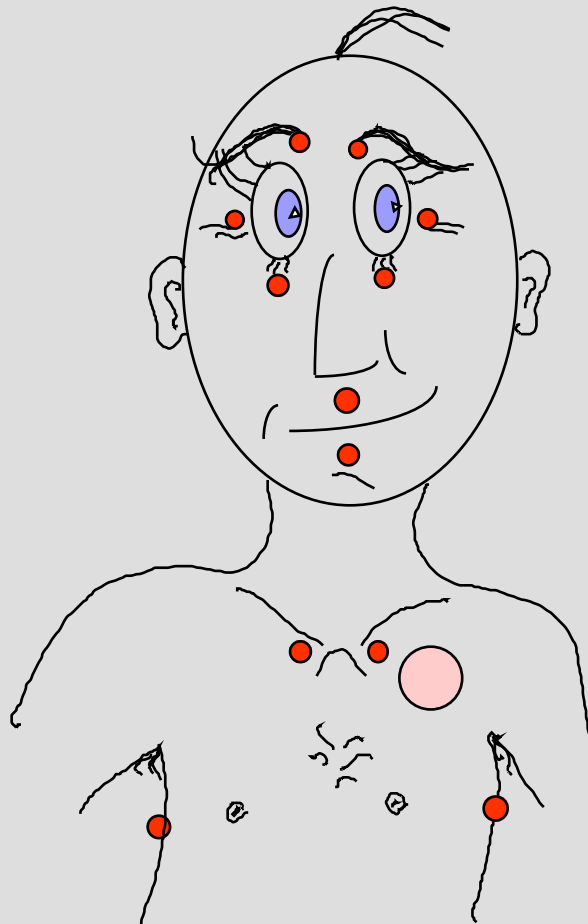
humming

breaking up the LH/RH

“Brain-lock”

The Paradox Tapping Technique

- Establishing the Paradox
- Preparing the body
- Tapping sequence
- Eye sequence / Brain tune-up
- Tapping sequence



Change your mind

Michael T. Motley
University of California

handbook : “Overcoming Your Fear
of Public speaking”

Communication vs. Performance

Role of speaker

- share ideas
- relate point of view
- make information
easily understood

True performance

- plays
- musical recitals
- dance routines

Communication tasks

- talk - conversation
- no memorization
- breaks
- goal - communication
of information
- speak naturally - relax
- dress comfortably

Performance tasks

- memorization
- delivery - no breaks
- goal - positive evaluation
of performance
- contrived behaviour
“acting”
- costumes
- sets

M. Motley

Talk

- talk longer
- prep. time
- organization
- thought clarification

Conversation

- share air time
- spontaneous

Communication orientation

conserve brain cells

Natural performer?

Great ! Perform !

Content comes first !


Narcolepsy Caution

walk through the poppies

Be Passionate



Change your mind

Performance  Communication

Public speaking

Body tips

Self control

- water
- oxygen
- comfort
- motion
- bladder

Oxygen control

- breath
- keep breathing
- exercise to increase
oxygen intake

Water control

- drink
- keep drinking

Motion control

- standing
- walking
- sitting
- leaning

movement builds confidence

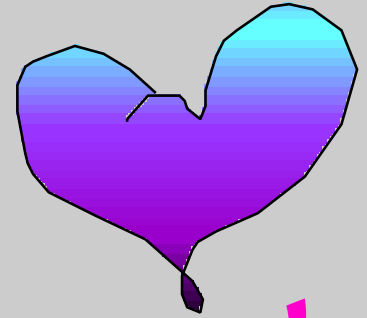
Comfort control

- temperature
- attire
- props

Bladder control

- use the facilities
- ↓ panic - balance
with P T T

Passion control



- ◆ *no control necessary!*

- ◆ *have fun!*